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GRAPEFRUIT AND TANGERINES

Broadcast by Ruth Van Deman and Wallace Kadderly in the Department of Agriculture's portion of the National Farm and Home Hour Wednesday, December 9, 1942, over stations associated with the Blue Network.

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KADDERLY: And here in Washington, Ruth Van Deman is ready to tell us about something delicious, luscious, healthful, delightful.....

VAN DEMAN: Run out of adjectives, Wallace?

KADDERLY: I guess I could find some more, but suppose you just go ahead and tell us about----grapefruit and tangerines.

VAN DEMAN: Very well. Grapefruit and tangerines have been Victory Food Specials since last Thursday -- grapefruit all over the country, and tangerines in the States east of the Mississippi River.

There's a fine big supply this year. In fact, we have record crops of all citrus fruits. Next month oranges will be on the list of Victory Food Specials, along with grapefruit and tangerines.

Now for some practical tips on buying. Pick out fruit that is well-shaped, firm -- but springy to the touch -- and thin-skinned. Balance the fruit in your hand. Feel the weight. You'll get the most good juice from fruit that is heavy for its size, and not soft or flabby. Don't worry about russet marks on the outside. They aren't even skin deep. They have no effect on flavor or juiciness.

The tangerine -- with the beautiful name and aromatic flavor -- is really an orange, of the Mandarin group. Most of our tangerines come from Florida, although some are grown in Texas and a few in California. Florida's crop this year will probably be around three and a half million boxes -- nearly a third larger than average, and the biggest crop in history.

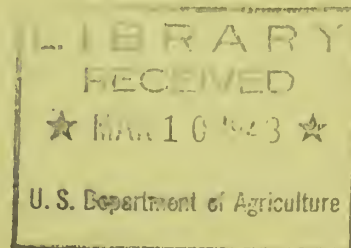
When you buy tangerines see that they are firm, and bright in color. Incidentally, all citrus fruits have been placed under a temporary price ceiling, so prices should be reasonable.

KADDERLY: Ruth, haven't you forgotten something?

VAN DEMAN: No-o. Is something missing?

KADDERLY: Vitamins. I've been waiting to hear you say that grapefruit and oranges and tangerines are rich in vitamins, especially Vitamin C.

VAN DEMAN: They certainly are! I suppose I just took it for granted that everybody knows about the vitamins in citrus fruits. The whole fruit contains much more vitamin C than the juice, especially if it's juice that has been strained. If you want to get the most food value from grapefruit, and oranges, remember that slicing is better than squeezing and straining.



KADDERLY: Besides which -- and in addition --

"When grapefruit is cut up,
And eaten like pie,
You get more in your mouth
And less in your eye."

VAN DEMAN: Precisely. And to get back to vitamins for a minute, even the outer skin contains Vitamin C. Which is another good reason -- besides the pleasing color and flavor -- for using the grated peel in biscuits and cakes and cookies. As for the "tidy tangerine" -- is any fruit easier to peel?

KADDERLY: Not unless it's bananas.

VAN DEMAN: And bananas, at present speaking, aren't plentiful as grapefruit and tangerines.

KADDERLY: So we'll eat what's plentiful, and be mighty thankful for record crops.

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